

Morning Star Bodywork - Aaron Maschmeyer, CAMTC # 47012

7/21/18 Clothing for modesty considerations during Massage and Bodywork

In my practice as a bodyworker, medical massage therapist and health educator, I have done around 10,000 sessions. I drape with a twin sheet and towels normally during a session, and that worked fairly well in my early years doing more of a Swedish massage without deep bodywork.

As my skills in bodywork progressed, working as a team with my client became the best approach to healing. Movement in the body from the client in the form of range of motion, resistant stretches, and tilting the sacrum and pelvis while getting “pin and stretch” work on areas of pain and discomfort was helpful. I say “you work from the inside, as I work from the outside” because many core muscles have an insertion deep in the core of the body while the outer origin attachment is something I can access on the outside for trigger point work and other modalities. As the therapist has the client put their body in sometimes awkward positions to do range of motion and resistant stretches with trigger point work, the added modesty of underwear and the sheet together is more comfortable, and makes the work even possible for modest people. Even working with the arms and legs the use of a bra and underwear is still helpful.

Wearing loose fitting running shorts has turned out to be the best thing to wear during a session, and I believe I provide the best thing to wear for the session at my home office for clients. That way I can still work on the skin, but modesty considerations are addressed. I feel better eliminating any chance of seeing the private parts of people, as it sets the tone for more trust, higher work with prayer and energy work, helps people connect with their own emotional body, and deeper healing relating to the timeline of their life. When the modesty issue is addressed, I believe much deeper healing can occur on many levels.

As I do laying on of hands healing work and Reiki, energy can sometimes be felt that causes the body to tremble and energy runs up the spine in the form of “Kriyas” as old blocked areas clear. When this happens, the body may move in ways spontaneously that makes wearing underwear a good idea instead of only a sheet for modesty, and the person can just stay with the process and let the energy continue clearing in a safe space.

Wearing a bra during a session for a woman is the best way to avoid being seen, even though I provide a towel and twin sheet for draping as well. Better safe than sorry, as once you feel uncomfortable from an unplanned exposure to the breasts, the event can't be taken back, and it does neither of us any good to have that happen. A bra that fastens in the back is a good style, and I can unfasten it to work on your back, and fasten it back up before you turn over.

In the past I have done sessions including the breast area on women. Talking about the process as I do the work is helpful. I am comfortable doing this work because of the health benefits, as long as the work in this area feels safe for the client. Having been trained to do lymphatic chest drains, I have found in the past health problems while working on the breasts that have saved lives, or found lymphatic blockages in lymph nodes that cleared with the work in this area. Breast augmentation, scar work, wire bra congestion, and pregnancy issues are considerations.

Compliant with new California state laws, as a CAMTC certified massage therapist, I can provide massage on women's breasts with the written consent of the person receiving the massage. In addition, I will need a written referral from a licensed California health care provider such as a MD, Marriage and Family Therapist, Registered nurse, Chiropractor, Acupuncturist, or a Physical Therapist. Respectfully, Aaron Maschmeyer, CAMTC CMT.